

Alabama's health

A publication of the Alabama Department of Public Health

ADPH Patient 1st Care Coordinators work with Pilot Project to Help Individuals Overcome Barriers to Successful Asthma/Diabetes Management

A diabetic whose vision was spared from glaucoma and a 13-year-old asthmatic who had the opportunity both to learn about managing his asthma and attend summer camp for the first time are just two of the many success stories already being shared as a result of the Together for Quality Medicaid pilot care coordination project being administered by the Bureau of Family Health Services.

Stacey Neumann, care coordination resource manager, explained that public health care

coordinators began providing asthma and diabetes case management in February with the overall goal of removing barriers to Medicaid recipients through the Medicaid Together for Quality pilot project.

"The program is really helping people obtain needed resources and changing lives addressing recipients' medication concerns," Ms. Neumann said. "If you can educate the parents regarding the difference between a rescue medication and controller medication you're halfway there."

Pike and Bullock counties began receiving referrals in February and additional counties were phased in with all counties receiving referrals by May. The other pilot counties are Calhoun, Lamar, Montgomery, Pickens, Talladega and Tuscaloosa.

This is how the program works. Medicaid identifies eligible recipients and makes

referrals for case management directly to the department. Each case manager has up to 50 recipients in his or her caseload, and there is at least monthly contact for a one-year period.

The case manager completes detailed survey instruments at the initial enrollment home visit to identify barriers to successful asthma/diabetes management. Case managers work closely with the patient's primary medical provider to ensure an Asthma Action Plan/Diabetes Management Plan is in place and that the patient is compliant with all prescribed medications. They will also ensure that school personnel and other significant people in the recipient's life receive education regarding successful disease management.

These are the areas in which the case managers are concentrating:



Melissa Ivy gained new insights, thanks to the program.

continued on page 10

Madison County Environmentalist Takes the Initiative to Educate Children

On April 30, 2007, Public Health Environmentalist Cheryl Edge received a phone call from Betsy Koger, a counselor at Madison County Elementary School in Gurley, stating her concerns that four middle school children admitted to receiving tattoos from a recent parolee. The individual allegedly was teaching the children a technique he learned in prison using regular pen ink.

Ms. Koger described in a letter, "This past school year we were faced with the unfamiliar and alarming issue of elementary students receiving permanent tattoos. A released prisoner who was obviously unskilled and nonlicensed was administering this 'body art' in one of the children's homes."

Furthermore, the children told her that the man had even used the same needle on them and the conditions were not sterile. After phone calls to local agencies, Ms. Koger came in contact with Ms. Edge.

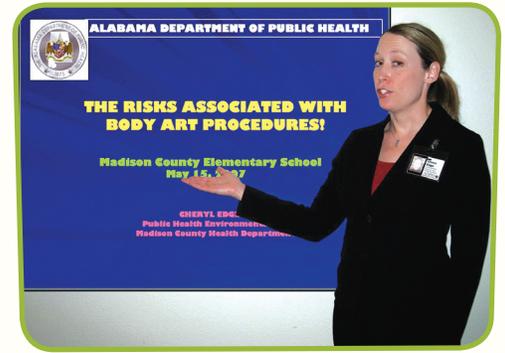
"She immediately understood the urgency of our school situation and began working to put a plan in place. Because of Ms. Edge, all in a matter of days, the house and the man were investigated, the children's parents were told to seek medical attention, and our children were educated on the danger of tattoos and body piercing."

Ms. Edge learned that the tattoos were received in the home of one of the children, with the parents aware of the situation. So she advised the counselor to have the children see their physicians in case of infection and she called the Department of Human Resources.

"Unfortunately, parents of the children would not make a formal complaint with us so I mailed a 'cease operations' letter and copy of the rules to the alleged unpermitted operator. Given the severity of the situation and with no support from the parents of the children I offered to develop a presentation to give to the children concerning infection and bloodborne diseases so that the children might make more informed decisions concerning how they treat their bodies. Dr. Robey our county health officer, was a great support for information and thought-provoking photos."

Approximately two weeks later, on May 15, Ms. Edge made presentations in two sessions to about 200 students in fifth through eighth grades at the school.

Ms. Koger praised Ms. Edge's skills and accomplishment in reacting quickly to this situation. "She personally created an informative, interesting and age-appropriate Power Point and lecture for our fifth through



Cheryl Edge educates children about risks of tattooing.

eighth grade student body. Her presentation reached every adult and child in that auditorium! Parents and even a Madison County Board of Education member phoned to say, 'Job well done.'"

She concluded, "Cheryl Edge's days and days of work and effort have made a lasting, positive mark on our community. In 20 years of experience, I have never had a professional so promptly and attentively put their heart into an issue. To our knowledge and to this day, no more MCES students have received tattoos. Her point was well taken, 'Wait until you are older and wiser to make such choices.'"

Other county health departments who may be experiencing similar situations should contact Tim Hatch at (334) 206-5373 or thatch@adph.state.al.us for the template Ms. Edge used.

Alabama Department of Public Health

Mission

To serve the people of Alabama by assuring conditions in which they can be healthy.

Value Statement

The purpose of the Alabama Department of Public Health is to provide caring, high quality and professional services for the improvement and protection of the public's health through disease prevention and the assurance of public health services to resident and transient populations of the state regardless of social circumstances or the ability to pay.

The Department of Public Health works closely with the community to preserve and protect the public's health and to provide caring quality services.

Alabama's Health

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Strategic Health Team Leader Honored

Faye Royal, Tobacco Prevention and Control Coordinator for Public Health Area 3, currently serves on the University of Alabama Strategic Health Team and has worked to promote tobacco-free initiatives. Ms. Royal was recognized for her efforts during a special luncheon to honor the team on May 6. Ms. Royal has been with the program since April 2003 and has worked diligently to educate members of her community about the dangers of smoking and secondhand smoke exposure. Prior to assuming her current position, Ms. Royal served as a nutritionist in Public Health Area 3. A University of Alabama graduate, she holds a B.S. degree in Food and Nutrition and an M.A. in Health Studies.



Faye Royal

Living Well Alabama Helps Individuals Manage Chronic Diseases

The Living Well Alabama course urges people with chronic diseases not to stop doing the things they love to do and to enjoy life more. The program is designed to be taught by trained leaders or master trainers who themselves have a chronic condition. People with different chronic conditions come together to talk about what it is like to live with a chronic condition. Participants also learn how to manage their conditions better and take more control of their lives.

The six-week course is based on the Chronic Disease Self-Management Program developed and tested by Stanford University. It is designed to complement and enhance medical and disease management.

The course encourages participants to discover new skills for living better with chronic diseases such as arthritis, heart disease, diabetes, cancer, bronchitis, emphysema, asthma and epilepsy. This class is being integrated with other chronic disease programs.

A program flier summarizes the advantages of this free course, which are as follows:

- * Decrease your pain
- * Overcome stress and fear
- * Cope with fatigue
- * Learn relaxation techniques
- * Make daily tasks easier
- * Help participants set short-term, realistic goals

- * Work with your healthcare team and communicate better with them
- * Use your medications effectively

Melanie Rightmyer, acting Cardiovascular Health program director, explained the department has several partners who have adopted the Living Well Alabama program. These voluntary groups, composed of statewide stakeholders, have agreed to coordinate the program.

Living Well Alabama benefits partners by providing trainings, books and manuals for leaders to educate participants on self-management of their chronic condition. Partners within the department include Steps to a Healthier Alabama, Diabetes Branch, Cancer Control Branch, Tobacco Control. Outside partners include Montgomery YMCA, Selma YMCA, Montgomery Therapeutic Recreation Center, Sowing Seeds of Hope of Perry County, Theo Ratcliff Recreational Center of Demopolis, and Teledyne Brown Engineering of Huntsville.

Leader training classes will be offered at no charge to interested persons. Nurses will receive approximately 28 continuing education units for participants.

For more information contact Ms. Rightmyer at (334) 206-3977, melanierightmyer@adph.state.al.us.

Make Physical Activity Fun for Kids' Summer Fitness

Summer vacation can mean a break from more structured physical activity at school and often results in children spending more time watching television, sitting at the computer or playing video games. Physical activity is an important part of a healthy lifestyle for everyone, especially young people. Parents need to encourage their children to engage in activities that will keep them moving during the hot summer days.

Steps to a Healthier Alabama and the department encourage parents to plan activities for their children that will be fun and to encourage them to stay active. The National Association for Sport and Physical Education and the American College of Sports Medicine recommend that children engage in at least 60 (accumulated) minutes of vigorous, physical activity on most, if not all, days of the week.

Listed here are some suggestions for active summer fun:

1. Make sure your children know they can't sit on the couch all day, every day during the summer. Even though they're not in school they should still have some sort of a schedule to ensure they have a balance of downtime and exercise.
2. Get up early before it gets too hot outside. Encourage your kids that "work comes before play." Pull weeds in the garden and then let them play in the sprinklers, but don't forget the sunscreen.
3. Adapt some normal, everyday games to make them more challenging. For example, play a game of horse, but make it more challenging by not letting the ball touch the ground. That'll keep everyone moving.
4. Go to the park for a walk or jog at least three times per week.
5. Give your child additional "fun" chores to do during the summer such as walking the dog twice a day or rolling the trash can to the end of the driveway on collection days.
6. Spend time with your kids while encouraging physical activity and making chores fun, such as washing the car or picking up limbs in the yard.
7. Enroll your child in a summer camp for a week or two. It will keep them active while building their social skills.
8. Get the neighbors together for some fun outdoor activities such as football, baseball, basketball or maybe just a long walk. You may even want to host a barbecue and cook nutritious foods as a way to promote eating healthy.
9. Let your child help cook a nutritious meal. Take something he or she may not usually eat and be creative with it, making it look like a monkey or a zebra. They'll be more likely to eat it if they like how it looks and if they helped make it.
10. Encourage your child to participate in a team sports league (baseball, soccer, softball, volleyball, basketball) or organize one in your own community. This is a great way for your children to learn about teamwork.
11. Encourage indoor activities as well as outdoor activities to stimulate the mind, such as Legos, linking logs, or reading.
12. Incorporate learning and outdoor activities such as spelling while swinging or math while walking.
13. Encourage your whole family to volunteer within your community.
14. When shopping, park in the last spot instead of the first. And encourage your child to count how many extra steps it takes to get to the door.
15. Wear a pedometer, and encourage your kids to do the same. You can even make a contest out of it to see who has the most steps at the end of each week. You may even want to set a goal of reaching a certain number of steps.
16. Set an example for your kids. If you start walking every day, they will take notice and probably start walking with you.
17. Encourage a variety of activities to ensure your kids don't get bored with exercising. Instead of walking, ride bicycles.
18. Plant a garden with your children. Let them pick a few of the vegetables and fruits to plant, and give them part of the responsibility of watering the garden. They'll be more likely to eat what they helped plant and watched grow. This can also serve as a learning experience about the different plants and which ones will grow well during the different seasons.
19. Have a jump roping contest. See how many consecutive jumps they can perform. Then see how many different types of jumps they can perform. Ten minutes of jumping rope equals 30 minutes of jogging.

continued on page 5

Fitness, continued from page 4

20. Teach your kids to swim. If they already know how to swim, then tell them to swim laps and time them.

21. Join a local gym, such as the YMCA, and go swimming two to three times per week or join a fitness class.

22. For a special treat on those extra hot days, take your children ice skating or roller skating at a nearby rink. Bowling is also a fun treat!

23. Reward your children for good behavior with an active toy such as a soccer set or a game of Twister instead of a video game. You have to stimulate their want for physical activity by not giving gifts which encourage them to be sedentary.

24. Go camping with your kids. Go on a hike and then set up camp. Kids will love roasting marshmallows and making s'mores.

25. Plan an active vacation for your family, such as whitewater rafting or canoeing.

26. Incorporate fitness and learning. Go to your local bookstore to find great ideas for games which will keep both their minds and bodies in shape.

27. Children love to draw. Give them sidewalk chalk, and they'll draw you a masterpiece. This will also be a good way to introduce them to a fun, classic game--hopscotch.

28. Get your children to exercise with you. Show them how to find their pulse. Then engage in some cardio, and show them how to find their pulse again. They will take notice of how their pulse increases.

29. When shopping, walk down every aisle even if you don't need anything from that aisle. The more steps walked equals the more calories burned.

30. Enroll your children in a summer program at church or a local community center. It's a great way for them to learn, stay physically active, and make new friends.

Steps to a Healthier Alabama is a five-year cooperative agreement program with the Centers for Disease Control and Prevention. The Steps initiative is designed to identify and promote programs that encourage small behavior change to reduce the burden of obesity, diabetes and asthma and control risk factors including physical inactivity, poor nutrition and tobacco use.

More information is available by visiting www.adph.org/steps.

By RACHEL FREE

TEAM Academy



MAY GRADUATES

Elaine Barnes, Delois Baxter, Lori Bell, Karen Blackwood, Robert Brantley, Florenda Bryant, Kathie Burtram, Karen Butler, Gloria Calhoun, Alisa Champion, Sharyn Cooke, Sybil N. Davis, Nedra Driver, VaRhonda Dunagan, Miriam Gaines, Trina Griffin, Jackie Harris, Heidi Hataway, Melissa Hornsby, Andra Jackson, Terry Kyser, Jane Langford, Patty Leonard, Cornelius Maryland, Undria McCallum, Martha Medder, Jamie Medley, Cassandra Miles, Regina Patterson, David Pettway, Paul Piepho, Tina Pippin, Paula Pratt, Karen Ralston, Halsey Rhodes, Angie Rolin-Taylor, Kelly Stevens, Patsy Webber, Bobby White, Nancy Wright.



JUNE GRADUATES

Latasha Allen, Carolyn Battle, Angela Buchanon, Roy Case, Diane Cooper, Helen Dials, Mary Jo Dyer, Kathy Green, Linda Hall, John Hankins, Krystal Hasselvander, Nicole Henderson, Kevin Hicks, Cynthia Jewell, Tanga St. John, Sherri "Dnene" Johnson, Audra Jones, Lisa Jones, Bill Kelly, Coretta Kirkland, Melinda L. Lewis, Chris Lochte, Okeala Martin, Michelle McCormack, Stacy Methvin, Tina Norwood, Renee Overton, Raymond Pelt, Janice Phillips, Pete Preston, Ashonda Reese, LaTarsha Shine, Mark Skelton, Rozeallen Smith, Lynette Smith, Alexis Thompson, Peggy Thompson, Rose Roles, Kristy Wilkinson.

Alabama Newborn Screening Identifies First Infants with Cystic Fibrosis

Since the department began cystic fibrosis testing on April 21, 30 infants who required additional testing have been identified and the first two confirmed cases of cystic fibrosis in newborns have been confirmed.

The Alabama Department of Public Health in partnership with the cystic fibrosis centers at the University of Alabama at Birmingham, Children's Hospital of Alabama and the University of South Alabama announced a significant expansion of Alabama's newborn screening program.

On April 21, Alabama added cystic fibrosis to its panel of primary newborn screening tests. With this addition, Alabama further establishes itself as one of the leading newborn screening programs in America. This new test is the eighth addition to the Alabama screening panel since April 2007.

Newborn screening is a series of blood and hearing tests which are mandated by Alabama state law and Board of Health rule. These tests

are administered within the first few days of an infant's life and target up to 29 primary and approximately 20 secondary disorders. Although relatively rare, the consequences of these largely unseen and hard-to-find disorders can be devastating.

Without the early detection provided by newborn screening these disorders might profoundly and permanently affect an infant. Untreated, some disorders may result in severe mental retardation or even death. The earlier these disorders are found the better the chances for a cure or at least the reduction of their severity.

Cystic fibrosis is an inherited, chronic disease that affects the lungs, digestive system and fertility of about 30,000 children and adults in the United States. Approximately 1,000 of these cases are being treated in Alabama. Cystic fibrosis center directors at UAB, Children's and USA predict that with the addition of the cystic fibrosis test to the newborn screening panel an additional 20 to 30 new infant cases will be identified each

year. Detection will allow these children to begin treatment at the earliest possible moment. While there is no current cure for cystic fibrosis, early detection and treatment can improve growth and lung function and as a result provide an opportunity for our children to lead longer, healthier lives.

State Health Officer Dr. Donald Williamson states, "Newborn screening is one of Alabama's most important and effective public health programs. It can mean the difference between life and death or disability and healthy development for many of our over 60,000 babies born in Alabama each year."

For more information about newborn screening or cystic fibrosis, please contact Robert S. Hinds, Director, Alabama Newborn Screening Division, Bureau of Family Health Services, Alabama Department of Public Health, at 334-206-5556 or log onto the Newborn Screening Web site at <http://www.adph.org/newbornscreening>.

EPA Again Recognizes Radon Outreach Activities

The Environmental Protection Agency Region 4 presented a certificate of appreciation to Jim McNees, assistant director of the Office of Radiation Control, April 1 in recognition of the Alabama Radon Program and the Alabama Cooperative Extension System for "Outstanding leadership and for hosting the most activities of any state in the U.S. during the 2008 National Radon Action Month."

Outreach activities included exhibit booths, presentations, media interviews and proclamations by government officials. This effort was essentially carried out by the local county agents of the department's partner, the Alabama Cooperative Extension System.

Radon is the leading cause of lung cancer among nonsmokers. These joint efforts to motivate the public to take action to reduce excessive radon exposure will result in fewer Alabamians dying from lung cancer.

McNees said, "Alabama has only 15 counties that we consider to be high radon risk counties, and for Alabama to lead the nation was quite an accomplishment--especially when one considers that large states such as Pennsylvania, Iowa, and Illinois have many more high radon risk counties than does Alabama. This was a tremendous effort by our partners in Alabama Cooperative Extension."



This bulletin board was designed to raise awareness of the importance of HIV testing. Tia Gilbert, HIV Coordinator, prepared the art work in collaboration with several colleagues at the Lauderdale County Health Department, to raise awareness of the importance of HIV screening for National HIV Testing Day, which is held June 27 each year.

Alabama Diabetes Advisory Council Changes Its Name

The Alabama Diabetes Advisory Council, ADAC, is now called the Alabama Diabetes Network. Council members approved the name change during their meeting held in January. The name Alabama Diabetes Network reflects the fact that the Alabama Department of Public Health Diabetes Prevention and Control Program works with several partners to address diabetes. The efforts of the council are an integral component of the “Systems Thinking” approach to diabetes within the state.



Pictured at the 2008 Centers for Disease Control and Prevention’s Diabetes Translation Annual Conference were (Left to right), Kyle King Reynold, Ed.D., Director Diabetes Branch; Rear Admiral Steven K. Galson, M.D., M.P.H, Acting Surgeon General of the United States in 2007; and Nancy Williams formerly with CDC’s Steps to A Healthier US program, and who is now is currently with the CDC’s Cardiovascular Division.

July 2008

Event Brings Support/ Awareness for Diabetes Initiatives

The Montgomery Area Committee for Children and Youth having Diabetes helps bring support and public awareness about the need to improve diabetes care and nutrition in the River Region. At the first Catch and Release Fishing Tournament held at Lagoon Park in Montgomery April 27, children enjoyed fishing while learning about managing their diabetes and improving their eating habits. The event was a collaborative effort of the Department of Public Health, Southeastern Diabetes Education Services, and other agencies with which the Montgomery Area Committee for Children and Youth having Diabetes is working, including public and private schools and organizations that can help support diabetes initiatives for these families.



Shown are Bobby McDonald, youth director, Alabama B.A.S.S. Federation Nation; Ethan Senn of Brundidge, 7-10-year-old winner of the Bassmaster Casting Kids Championship; Hunter Cox of Montgomery, 11-14-year-old winner; and Karen Stewart, President, Central Alabama Junior Bassmasters Club.

Retirees

The following department employees have retired recently:

May

- Glenda Gantt** - Monroe County Health Department
- Carolyn Griggs** - Family Health Services
- Susan Stewart** - Family Health Services

June

- Nancy Maddox** - Fayette County Health Department
- Janice McIntosh** - Home & Community Services
- Tammy Collins-Posmituck** - Children’s Health Insurance Program
- Randy Sexton** - Clinical Laboratory
- Norma Thomas** - Family Health Services
- Martha White** - Geneva County Health Department
- Barbara Willier** - Cherokee County Health Department

Statewide Initiative Aims to Increase Business Support for Breastfeeding

The Alabama Breastfeeding Committee, the Alabama Department of Public Health, Birmingham Healthy Start and the University of Alabama at Birmingham School of Public Health Department of Maternal and Child Health announce a statewide initiative to increase the numbers of businesses who provide lactation support to breastfeeding employees.

“Breastfeeding provides nutritional and health benefits for infants and mothers throughout their lives,” said Dr. Donald Williamson, state health officer. “We support this initiative to promote breastfeeding which is one of many ways Alabama can reduce infant mortality.”

The U.S. Department of Health and Human Services selected Birmingham as one of 10 pilot locations to implement the project aimed at encouraging women to breastfeed their infants for a longer duration after they return to work. The Business Case for Breastfeeding is part of a nationwide emphasis of the HHS Health Resources and Services Administration’s Maternal and Child Health Bureau.

According to Dr. Lewis Doggett, president of the Alabama Breastfeeding Committee, providing lactation support is a “win-win-win” for everyone: businesses, mothers and babies. “Mothers are breastfeeding in record numbers today,” Dr. Doggett says. “Here in

Alabama more than 64 percent of mothers choose to give their babies the healthiest start in life through breastfeeding. When businesses accommodate their basic needs with simple family friendly benefits, they can enjoy significant cost savings.”

These benefits, according to Dr. Doggett, include lower health care costs since breastfed infants are healthier, lower absenteeism rates due to healthier babies, and lower turnover costs since employees are more likely to return to work when the company provides lactation support benefits.

Twenty-six percent of companies in the U.S. provide lactation support programs. Babies

continued on page 9

Go Green for Healthy Women! Healthy Women License Plates Approved

The color green contains the powerful energies of nature, growth, life, balance, harmony, and has been used in the Office of Women’s Health awareness campaign to draw attention to health for women in Alabama. ADPH has created the strikingly attractive Healthy Women distinctive license plate, which has been approved by the State of Alabama, to help promote women’s health messages and programs and establish a healthy women’s network throughout the state.

A commitment to buy the tag is needed from 1,000 persons before these unique automobile tags can be produced. “We are encouraged by the response from supporters of women’s health issues throughout the state” says Jessica Hardy, director of the Office of Women’s Health. “To add your support, visit your local county license plate issuing

office, ask for and complete a ‘commitment to purchase application.’ The \$50 fee is considered a tax-deductible donation to the office and includes free personalization.”

When completing the “Commitment to Purchase” application, you must provide the vehicle identification number (VIN) for your vehicle. We have volunteers in each county to answer questions and help you with the commitment process. County contacts are listed on the interactive map at the Web site. Once your commitment is made, continue using your current Alabama license plate until the Healthy Women tags are produced.

Persons interested in purchasing the Healthy Women tag, or who would like to join the Alabama Healthy Women Network (AHWN), are asked to please complete the online form

at <http://www.alabamahealthywomen.com>. Be sure to complete the online form if you have already purchased the tag at your local county license office and you will be notified when the tag is available to be picked up.

For more information, please contact Jessica Hardy, Bureau of Professional and Support Services, at 334-206-5665, jhardy@adph.state.al.us or visit <http://www.alabamahealthywomen.com> to view the county map and find a local volunteer to contact.



Retired Educator Changes Lifestyle Through the Weight Watchers At Work Program

When Dr. Bessie Mae Holloway's doctor told her she needed to do something about her weight, she asked him, "What would you recommend?"

Dr. Holloway was obese, had high blood pressure and high cholesterol. Her doctor replied, "Weight Watchers," and she decided to take action. She joined the Weight Watchers At Work Program, available to state employees, teachers, dependents and their retired counterparts at a reduced fee.

Since joining Weight Watchers a little more than a year ago, she has lost 40 pounds. At 76 years old, Dr. Holloway has completely altered her lifestyle. Her eating habits have changed; she now eats more fruits, vegetables and uses portion sizes to control her caloric intake. It is called the flex plan. She writes down everything she eats and drinks. Her new mottos are "Before you bite it, write it!" and "Before you drink it, I need to think it." Dr.

Holloway, a Mobile County educator, earned her doctorate in education at Auburn University and was the university's first black trustee. Because Dr. Holloway was so successful she said, "I never thought that I needed anyone to tell me how to live or eat."

Now she loves to attend Weight Watchers meetings because of the fellowship and support that she receives. "Meetings are key," she says, "because the leader always brings special issues, such as trigger foods and eating late at night, answers questions and the group provides support."

Dr. Holloway now exercises regularly, including riding the bike and walking. She really likes to exercise because she gets extra points on her Weight Watchers eating plan. Points are used to keep up with daily intake of food.

Dr. Holloway is giving away clothes that she just bought the year before. She is now able

to fit into jeans and no longer has to wear pants with elastic waistbands. Dr. Holloway says, "I feel better, look better, move better, and I am better!"

This is just one success story. But success has been experienced by many of the thousands of people participating in the Weight Watchers At Work Program. Average weight loss over a 15-week span is 13 pounds. Meetings are available all over the state, with new meetings beginning each week at schools and state worksites.

Weight Watchers At Work Program is available to state employees at a discount rate. For more information about the Weight Watchers At Work Program contact Cindy Dyer or Jonathan Edwards at 1-800-252-1818 or visit the Web site at www.adph.org/worksitewellness.

By Jonathan Edwards

Breastfeeding, continued from page 8

are able to take advantage of their mother's milk longer, giving them an edge in overall health with lower risk of infections, disease, diabetes, and even some forms of cancer. Dr. Doggett says the needs of breastfeeding employees are relatively simple.

"There are four easy steps that make the difference for working mothers," he says. "Those four things include support from managers and coworkers, flexible time to express milk around 10-15 minutes three times a day, education for employees about how to combine breastfeeding and work, and a designated space to breastfeed or express milk in privacy. That space does not need to

be elaborate. A simple space as small as 4 by 5 feet is often all an employee needs."

As part of the national initiative, HHS has produced a comprehensive resource kit, *The Business Case for Breastfeeding*, with information, tools and step-by-step instructions for implementing a lactation support program in a workplace. Businesses throughout the state will be encouraged to consider some of these simple support options.

Businesses can learn more about the program by visiting the Alabama Breastfeeding Committee site at www.adph.org/albfcomm

or by calling 205-975-2924. HHS has also produced a WEBCAST about the project, available in its archives at www.mchcom.com. A training event for community leaders will be hosted on July 30 and 31.

The Alabama Breastfeeding Committee, Birmingham Healthy Start Program, the Alabama Department of Public Health, and the UAB School of Public Health Department of Maternal and Child Health invite health care professionals and community leaders to learn more about the project. For more information, contact Gayle Whatley at gwhatley@adph.state.al.us or 205-934-6254 or Kelley Swatzell at ksw@uab.edu or 205-975-2924.

Specialists, continued from page 1....

Asthma

- Ensure each recipient understands the importance of using his or her daily controller medications and receiving an annual influenza shot.
- Educate recipients regarding the importance of scheduling asthma-only provider visits every six months and assist with scheduling if needed.
- Emphasize trigger removal, medication compliance, and what to do in an emergency.

Diabetes

- Ensure each recipient understands the importance of having an annual eye examination, HBA1C test, urine protein test, lipid profile and flu shot.
- Assist recipients with scheduling tests if needed.
- Emphasize diet adherence, exercise and daily monitoring of blood glucose levels.

Melissa Ivy of the Bibb County Health Department provided this success story:

A child with asthma was on an inhaler and had been missing a good deal of school. As a result of his condition, his mother had been unable to seek employment because she frequently had to pick him up at school after asthma flare-ups. The youngster has had several hospitalizations and numerous emergency room visits.

At one time the boy had a nebulizer, but it was lost in a move and his mother did not know she could get another one to replace it. Sometimes when his asthma attacks were severe the child was able to use his cousin's nebulizer and medications. Getting care was a challenge with no transportation.

With the onset of the program and a new primary medical provider, Ms. Ivy was heartened when the mother called and was excited that a different primary medical provider told her that her son's asthma could be controlled and that they would be furnished a new nebulizer. The mother seemed very motivated as well.

"I have had several children who have just been on rescue meds and simply go from hospital visit to hospital visit to get medications," she said. "The parents have been very receptive to the asthma-only



Area 8 care coordinators are shown (left to right) Robyn Hall, Melissa Dean, Sandra Curry, Kim Edwards, Tawanna Willis, Leilani Williams.



Care coordinators from PHA 10 are pictured (left to right) Kim Strickland, Shanda Wilkins, Meg May, Karen Jurls, Selena Fowler, Amy Floyd, Crystalee Walters.

visits as a whole, and quite a few of my kids have now been placed on controller meds. I am so impressed with this program."

Ms. Ivy concluded, "I never knew there were so many children being under-treated for this condition nor did I ever really contemplate the difficulties this creates for the primarily single mothers who are constantly having to take off work and cannot maintain employment. I truly feel like this is making a difference in some lives."

For more information about this pilot project contact Ms. Neumann at 334-206-3897.

Commendations

Alabama's Health would like to recognize and praise employees for their accomplishments. To recognize outstanding work, supervisors may send letters of commendation to the State Health Officer, mail copies to *Alabama's Health*, Bureau of Health Promotion and Chronic Disease, RSA Tower, Suite 900, 201 Monroe St., Montgomery, Ala. 36104, or by e-mail to asheehan@adph.state.al.us for inclusion in this list. Four items are needed: the employee's name, work unit, the name of the person making the commendation and his or her city and state.

Faye Allen

Health Provider Standards
Rick Miller, MT(ASCP), M.S.
Mobile, Ala.

Shelia Davison

Center for Health Statistics
from James Coley
Montgomery, Ala.

Ted Johnson

Center for Health Statistics
from Karen Martin
Indianapolis, Ind.

Ray Sherer

Health Provider Standards
from Liz Crews
Birmingham, Ala.

LaTisha Baldwin

Center for Health Statistics
from John Schlottman
Mishima-Shi, Shizuokaken

Jackie Esty

Mable Jordan
LaShunda Williams
Charlese Wright
Center for Health Statistics
from Ann Ferry Bond
Brentwood, Tenn.

Jeff Meank

Bartow Riley
Health Provider Standards
from Sandra M. Pace
Atlanta, Ga.

Kim Smith

Center for Health Statistics
from Frances Holder
Tuscumbia, Ala.

Linda Bolding

Center for Health Statistics
from Mary Marie
Rhodes-Barnett
Tulare, Calif.
Kim Elder
Texas

Jimmie Guyton

Barbara Hurst
Karen Ramos
Danica Tidwell
Health Provider Standards
from James W. Turnipseed
Fort Payne, Ala.

Cathy Molchan

Center for Health Statistics
from Donna Stanley, Ed.S.,
RHIA, CCS
Huntsville, Ala.

Betty Thomas

Center for Health Statistics
from Shedrick Cade
Atlanta, Ga.
Dr. Brenda Lee McCoy
Boca Raton, Fla.

Jill Brewer

Center for Health Statistics
from Margaret Childs
Cincinnati, Ohio
Lilla Smith
Birmingham, Ala.

Carolyn Harvey

Health Provider Standards
from Jo Alison
Taylor, J.D., CELA
Birmingham, Ala.

Theresa Mulkey

Center for Health Statistics
from Benny and
Rosemary Dease
Lake Wales, Fla.

Geneva Thomas

Center for Health Statistics
from Aldine Brackett Brown
Jacksonville, Fla.
Keely Collier
Arlington, Texas
Georgia Leftwich
Tullahoma, Tenn.

Pamela Carpenter

Rick Harris
Health Provider Standards
from Linda Vincent
Tuscaloosa, Ala.

Tonya Haynes

Center for Health Statistics
from Shea Eagerton
Melbourne, Fla.

Kathie Peters

Center for Health Statistics
from Tracey L. Clark-Boston
Newark, N.J.
Chandra Dennis
Cottonwood, Ala.
Shanel Troia
Wilmer, Ala.

LaShundra Williams

Center for Health Statistics
from Susie Bailey
San Diego, Calif.

Florine Croxton

Center for Health Statistics
from Nancy Rebecca
Watson Barr
Laurel, Miss.
Deltonya Warren
Address unlisted

Cassandra Henderson

Center for Health Statistics
from Jettie Archie
Mobile, Ala.

Georgia Reynolds

Center for Health Statistics
from March Sue Tallman
Monroeville, Ohio



Calendar of Events



July 22 • Satellite Conference
**Improving Disaster Communications:
Connecting Poison Control with Public Health,**
12 noon-1:30 p.m.

For more information contact Video Communications, (334) 206-5618.



July 24 • Satellite Conference
**Bridge the Gap: Community Medical
Surge and Resiliency, 2-4 p.m.**

For more information contact Michele Williams, (334) 206-2958.



August 19 • Satellite Conference
**Title X Family Planning,
Plan First Update, 9-11 a.m.**

For more information contact Annie Vosel, (334) 206-2959.



September 10 • Satellite Conference
Home Health Aides and Attendants, 2-4 p.m.

For more information contact
Brenda Elliott, (334) 347-2664, extension 402.



October 2 • Satellite Conference
**ADPH Statewide Staff Meeting, 3-4 p.m. State
Health Officer Dr. Don Williamson will discuss
programmatic issues with staff. Submit questions
before the conference: fax (334-206-5640) or
email (alphnquestions@adph.state.al.us).**

For more information contact Video Communications, (334) 206-5618.



November 5 • Satellite Conference
Home Health Aides and Attendants, 2-4 p.m.

For more information contact
Brenda Elliott, (334) 347-2664, extension 402.